

2nd Sunday of Easter
April 19, 2020

ARCHDIOCESE OF SEATTLE

At Home with **Faith**

Even in this pandemic, we can have peace in our homes.

The key is letting God help us. This Sunday's first reading shows us how the Church did just that after Easter.



Read

Take time to quietly and contemplatively read the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

The Easter season has begun and it seems that our efforts to flatten the COVID-19 curve are starting to show promise. Still, the Governor's "Stay Home, Stay Healthy" order remains in place. Families are experiencing stress on many levels: routines disrupted, close quarters, concerns about our health and the health of our loved ones, fears about how they are going to pay the bills and keeping some semblance of normalcy.

All this is remarkably consistent with what disciples experienced after the first Easter. Though they had heard of Jesus' resurrection, they had no idea how to interpret what it meant. When Jesus comes to them in this week's Gospel, they are huddling behind locked doors worried about what's going to happen next. Sounds familiar.

Acts 2:42-47

They devoted themselves to the teaching of the apostles, the breaking of the bread, the communal life and the prayers.

1 Peter 1: 3-9

You may have to suffer through trials. Have faith!

John 20: 19-31

Jesus appears to the disciples and gives them peace.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

- Share with your children what has been hard about this time for you. Ask your children: what are they finding hard now?
- Ask your children what things they look forward to in their new “at home” daily routine. Do they have suggestions on how to make it better?
- Share about a time when something happened to you that was very hard and for which you were unprepared: the death or illness of someone you loved; a serious injury you had to do rehab for; the loss of a job. What did you do to recover? What was that like? How was God at work in your life at that time?
- Read the Beatitudes with your children ([click here](#) for the full text). Talk with them about what they might teach us about what our family faces now.

Need Peace?

Here are some ways to foster peace in your home.

- Look to the Beatitudes! [Click here](#) to learn more, or watch a men’s series on the Beatitudes on [Formed.org](#).
- Start and end the day with family prayer.
- Have a daily routine and give your children a daily to-do list. Consider a reward system.
- Keep dinner sacred. Eat together as a family, and say grace.
- Exercise and get outside at least once a day. It really helps!
- Be intentional about your and your children’s media choices.
- Limit screen time – [click here](#) for tips.

Need more help? Know someone who does?

If you or someone you care about feels overwhelmed with sadness, depression, anxiety, or thoughts of harming oneself or others, call 911.

Visit the [Disaster Distress Helpline](#), call 1-800-985-5990, or text TalkWithUs to 66746.

Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224.

**For more resources, including previous issues of
At Home with Faith, visit us online at:**

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>